

2001 California Children's Healthy Eating and Exercise Practices Survey

**Table 1: Healthy Eating Practices Score¹ Among California Children
(Diary Sample)**

	Average California Daily Food Guide Healthy Eating Practices Score	
Total	2.1	
Gender		
Males	2.2	
Females	2.1	
Ethnicity		
White	2.2 ^b	***
African American	1.7 ^a	
Latino	2.2 ^b	
Asian/Other	1.8 ^a	
Income		
≤\$19,999	2.5 ^b	***
\$20,000 - \$49,999	2.1 ^a	
≥\$50,000	2.0 ^a	
Federal Poverty Level		
≤ 185%	2.3	*
> 185%	2.1	
Food Stamps		
Yes	2.4	*
No	2.1	
Overweight Status		
Not at Risk	2.1	
At Risk/Overweight	2.2	
Physical Activity		
≥60 minutes	2.2	
<60 minutes	2.1	
School Breakfast		
Yes	2.4	**
No	2.1	
School Lunch		
Yes	2.2	
No	2.1	
Nutrition Lesson		
Yes	2.3	***
No	1.9	
Exercise Lesson		
Yes	2.3	***
No	1.9	

¹ The score reflects the average of healthy eating behaviors practiced on a typical school day against California Daily Food Guide standards. The score was calculated based upon one point each for having: a fruit and a vegetable; 5 or more servings of fruits and vegetables; any milk, cheese, or yogurt; any 1% or nonfat milk; any high fiber cereal; any beans; and any whole grain bread. The maximum number of points was seven.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001